

*Bread Machine Baking Month * Oatmeal Month *
 * National Hot Tea Month * National Soup Month *
 * National Cancer Prevention Month * * Family Fit Lifestyle Month *
 * Slow Cooking Month * Walk Your Pet Month *

January 2006



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Lose Weight/Feel Great Week (1/1 - 1/6) Diet Resolution Week (1/1 - 1/7)						
1  New Year's Day	2	3	4	5	6 Citrus fruits are in peak season! Eat one today.	7
8	9	10	11 Fruits, vegetables and grains are good sources of dietary fiber.	12	13	14
National Skating Week (1/14 - 1/22) Fresh-Squeezed Juice Week (1/15 - 1/19) Healthy Weight Week (1/15 - 1/21)						
15  Try oatmeal with fresh fruit to chase the chills away!	16  Martin Luther King, Jr.'s Birthday (observed)	17  Rid the World of Fad Diets & Gimmicks Day	18	19	20	21
22	23	24	25  Full Moon	26  Start planning your school's indoor and outdoor garden for the spring!	27  Fun At Work Day	28
29  Chinese New Year	30	31				